

Carlsbad
Senior Center

28th Annual Fundraiser

Oct. 1 through Nov. 15

Every ticket doubles as a KoKo Beach discount
plus a chance to win a prize!



**\$5 KoKo Beach
Discount Coupon**
Redeem 11 a.m. – 6 p.m.
Oct. 1 – Nov. 15

Prize Drawing Thursday, Oct. 30

Carlsbad Senior Center lunch program;
for lunch reservations, call 760-602-4655.

Winners need not be present to win.

KoKo Beach

PRIME RIB ★ STEAK ★ SEAFOOD

2858 Carlsbad Blvd. (760) 434-6868

100% of proceeds
support Carlsbad
Senior Center
programs, activities
and events.

Purchase your fundraiser tickets today!

Carlsbad Senior Center • 799 Pine Ave. Carlsbad, CA 92008
760-602-4650 • www.carlsbadca.gov/parksandrec

 City of
Carlsbad

Discover all the Carlsbad Senior Center has to offer!

For more information on any of these classes or activities, visit us online at www.carlsbadca.gov/parksandrec or pick up our newsletter, the "Seaside Buzz."

Dance classes:

- Line
- Hawaiian
- Spanish Flamenco dance

Fitness

- Aerobic Dancing – Lite!
- Qigong
- Tai Chi: Beginning, Intermediate, Intermediate/Advanced & Advanced
- Tappercize
- Yoga: Chair, Gentle, Intermediate, Intermediate/Advanced, PiYo (Pilates & Yoga)
- Zumba Gold
- Well-maintained Fitness Room

Computer classes & open lab

- Computer Basics
- Internet & Email: Essentials
- Internet & Email: Beyond Basics
- Microsoft Office: Crash Course
- Microsoft Word Essentials
- How to Sell on Craigslist

The Arts

- Oil & Acrylic Painting
- Drawing & Color Pencils
- Fun with Watercolor
- Oriental Sumi-e Painting
- Photography: Camera Crash Course, Beginning, Intermediate & Tutorials

Hobbies & Personal Enrichment

- Audiomobile
- Bingo
- Book Club
- Chess

- Digital Photo and iPad Classes
- Discussion Group
- Five-in-One-Joy Class
- Laughter Yoga
- Mah Jongg
- Needlecraft
- Party Bridge
- PC Users Group
- Ping Pong
- Primordial Sound Meditation
- Quilters/Sewing Group
- Senior Readers Theater
- Spanish Classes: Levels I, II & III
- Stamp Collectors
- Wii Games
- Writers Group
- Writing Our Lives

Other Services

- AARP Smart Driver program
- Ask an Attorney
- Ask the Physical Therapist
- Blood Pressure Screening
- Diet & Nutrition Counseling
- HICAP Health Insurance Counseling
- Elder Law & Advocacy Legal Services
- Nutritious Lunch Program & Home Meal delivery
- Social Security Assistance
- Transportation